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His Excellencies Order, to the ſeverall Colonels of the Army, concerning proviſion of Quarter, Diet, Phyſick and Attendance for the ſick Souldiers of their ſeverall Regiments.

WHereas I am informed, that for want of putting things into order, the ſick Souldiers in your Regiment are not provided for, neither can be miniſtred unto by the Phyſicians of the Army, for the recovery of them out of their ſeverall Diſeaſes and Sickneſſes: and foraſmuch as it is neceſſary for the ends aforeſaid, and for the equall and certain diſtribution of Medicines for their recovery, I have thought fit, and do hereby require, that you take care, that the ſick Souldiers of your Regiments, be from time to time put into warm and good Quarters, and that you appoint one Officer of your Regiment, together with a Chirurgion or Chirurgions Mate, and ſuch other aſſiſtance as ſhall be thought neceſſary; and that you give the ſaid Officer particular Inſtructions in writing, and authority to furniſh the ſaid ſick perſons ſo quartered as aforeſaid, with warm and fitting Diet, ſuteable to their reſpective

Diſeaſes, ſuch as the Phyſicians of the Army ſhall direct ; and may be procured in this and the adjacent parts ; and that ſuch women and keepers of the ſaid ſick perſons, be hired to attend and help the ſaid ſick perſons, and provide their Diet, as are neceſſary. And you are further required to cauſe the pay belonging unto the ſaid ſick Souldiers out of their reſpective Companies to be delivered to the ſaid Officer, or ſuch as he ſhall appoint, for the providing Diet and other neceſſaries for the relief of the ſaid ſick Souldiers : And if it ſhall fall out , that the ſaid Pay will not ſufficiently provide for the neceſsities and other occaſions , as aforeſaid, upon Certificate of the ſame under your hand made to my Self or the Major Generall, you ſhall have warrant for money to make a neceſſary ſupply for the ends aforeſaid : And of any proviſions that are in the Stores of the Army, upon certificate under your hand of the want thereof, your Officer aforeſaid, or any other aſsigned by him, ſhall receive from time to time of the keepers of the Stores, a ſupply proportionable to the number of the ſick Souldiers of your Regiment : And your Chirurgion or Chirurgions Mate aforeſaid, ſhall receive from the Apothecaries to the Army , a ſupply of ſuch Medicaments in their cuſtodie , to the uſe of the Army , as by the Phyſicians of the Army ſhall be judged proper and proportionable for the ſaid ſick Souldiers. Given under my hand the ſeventh day of *October*, 1650.

O. CROMWELL.

Advice for Prevention and Cure of the FLUX.

FOR preſervation of Souldiers from the Flux now prevalent in the Army, becauſe it is contagious, and the Diſeaſe communicated by infection from the ill Sent of the Sick, where many are together, as alſo in reſpect of the common cauſe of ill Diet, by bad Waters, and other drink they drink, and cold lodgings; care muſt be had to ſever the Sick from the Whole.

Thoſe who can have Ale or Beer, may for prevention, mixe ſome Rice with the Corn they brew withal, though but in a ſmall quantitie, and hang either beatings of Iron as they are had from the Smiths Forge, or other old Iron, or gadds of new Steel in a bag, or any way in the middle of the Veſſell, a ſmall quantitie will ſerve diverſe Gallons, or elſe to quench ſome Iron or gads of Steel (of which there are ſome twelve dozen ſent) in the drink before the drinking of it immediatly: And ſo for Water when Ale or Beer is not to be had, and the drinking of Water firſt boyled with Rice is a good preſervative. And becauſe cold lodging, or the lodging of the common Souldiers on the ground cannot be well prevented, to ſuch more eſpecially a red ſtrong Water (which is ſent) the quantitie of one ſpoonfull mixed with their Drink, Ale or Water, I ſhal recommend from experience in former Camps, which alſo in ſome few drops, with a ſpoonfull of broken or

powdred Bisket, is a good Break-fast, or a good Collation in the night for a Sentinell or Perdue, to preserve himself from cold, hunger, and danger of the Flux. And by way of prevention, there would be great care had of Bisket, which even at Sea oftentimes by ill stowage & neglect in lying too close, and receiving moisture, doth beget a dry moulding on the superficies of it, which if not wiped off and well cleansed, doth cause by its offence to the bowels oftentimes great Fluxes: and to check that ill qualitie of the Bisket, as also of ill Aire and bad Water, the use of Garlick moderatly taken, is of much force, either boyled in Milk when it may be had, or in Ale or Water, or rosted, or in small quantitie raw. And where any Water can be had from a Spring where any Chalk is, that is the best Water to avoyd this Disease, as also to make Medicines of for the Cure: In relation whereunto, there are some few Remedies sent, and such as rightly made use of, may be effectual: As first there is Conserve of Sloes, of which some small quantitie may be mixed with all the Water, (where other drink is not to be had) warm or cold, even upon a march, strayned out, by pouring of the thin from thick, after it hath been well shaken together, even in a hat, where there is no cleaner nor better Vessell, and this may as often be used as thirst calleth for moisture: this Conserve may also be eaten in the substance to the quantitie of a walnut, twice or thrice, or oftner in a day.

Secondly, Rice powder (so written upon, and having some other small mixture with it) may either be taken alone, a spoonfull or two at once, twice or thrice a day, or with any other food, or with Beer, Ale, or Water,

Water, and especially with Milk and Water when that can be had.

Thirdly, for the Flux, now frequent in the Army, I recommend this familiar Remedy, experimented in like Epidemicall Fluxes; Take of the shavings of new Deal board one handfull, one spoonfull of whole Cinamon, of dry Balm (when it can be had, of which some store is sent) a quarter of a handfull; boyl these in an Ale quart, or somewhat more, of good Water, (with Milk when it may be had) to a pint; of this make three severall draughts at 4. or 6. houres distance.

Fourthly, Take 3. or 4. spoonfulls of the red Water above-mentioned, in Ale or Milk, or Water, or alone, if the Sick be not much distempered with heat, once in 8. or 12. houres, for three or four times only.

Fiftly, and more especially for those who are very weak and distempered, and want rest, there is sent a Cordiall Electuary (one pot containing eight doses) to take one dose or eight part at night going to bed, and to wash it down with a little Water boyled, or at least strayned with the powder of Rice flower above-mentioned, and this for two or three nights together, if need require, and in case of extremity.

And these are such Remedies inwardly taken, as may be for common Souldiers where ever they fall sick, or stand well to preserve them in their march or cure them.

Outwardly, if any Crabbs or wilde Apples come in their way, many Cobwebs which *Scotland* doth afford, and the powder of such Tobacco pipes as have been most used, Chalk mixed together with a little bruised Garlick, all of these, or as many as may be had, mixed with some of the red Water (twice formerly mentioned)

ned) or heat at fire, or cold, if fire be wanting, and applyed to the belly, is a good remedie, with which also some of the powder written upon The astringent powder may be mixed, adding the whites of Eggs when they can be had.

To sit over the fume of Ginger is very usefull, and where there is very often and great provocation to stool, use the Red Water to moisten the fundament, and put up a cloth wet in it as a Suppositorie.

Where Mutton may be had, and the loosnesse hath long continued, Take the kidney of a Mutton, fat and all, cut it small, boyl it with a litle Cinamon in a pottle of Water to a quart, drink of this strained at the least twice a day. This also where it can be made may be used before the Disease hath so long continued, and adding a crust of Bisket, or some Rice, may be taken in stead of other broath, adding a few cornes of white Pepper.

Advice concerning Dyet in Fluxes *and* Feavers.

FOR the sick of the Flux, let foure parts of Wheat, and one part of Rice if it may be had, be boyled in such a proportion of Water, as, after the Wheat is become very soft, even to a Gelley, may make it of the consistence of ordinary Grewell: Then take Nutmegs and Cinamome, of each two parts, of Cloves one part; let them be beaten and mixed together; and at the end of the

the boyling, as aforesaid, put in, and stir together so much of these Spices, as may be tasted or give a relish; and no more : Put in also at the same time, to every Gallon, half a pint of red Wine, with two ounces of Sugar dissolved in it.

The like may be made of powdered Bisket; or of Bread thin sliced, boyled in Water to the consistence of the former, and seasoned with Spice, red Wine and Sugar, in proportion aforesaid.

Of these Dyets may be given a Porrenger full to a man, two or three times a day, or ottener, as the Stomach doth require or bear it.

Eggs, when they may be had, are very good Dyet in this case, whereof also sometimes may be given one at a time raw, beaten in a Porrenger, and mixed with a spoonfull of red Wine, a little Nutmeg and Sugar.

Those who have stronger stomachs to bear it, may take fat Mutton broath, with store of knuckles, and broken bones, as also Kidneys with the Suet boyled in it: and they may be allowed to eat the meat, if they have appetite thereto.

For variety likewise; Puddings of Wheat flowre or meal, with Suet, and the Spices aforesaid, well boyled or baked: as also flowre or meal of Wheat, boyled up to a good consistence with Milk or Water, and a little Spice (care being had by continual stirring, to prevent burning to) which may be eaten with a little good Butter, if it be to be had; may be allowed those of stronger stomachs and appetites,

It would be also of great advantage, if all Beer given in this Disease were first boyled with whole Bisket, and Nutmegs thin cut, of each one to a Gallon, which

may

may after be drunk cold: and the Bisket so boyled and soaked till it be tender, is a good nourishment in this case, disposing the lesse to thirst.

For those that have higher Feavers with their Fluxes, the Spice may be omitted in the Dyets before prescribed, and it may do well to take Barley prepared, in stead of Wheat, either alone, or rather with Rice (if it may be had) in the proportion aforesaid.

The Drink in this case, may be Water boyled with whole Bisket, adding of red Wine half a pint or somewhat more to every Gallon, and the Bisket, after soaking, may also be eaten.

For such as have Feavers without Fluxes, Barley Grewell well boyled in a great quantity of Water, to to the ordinary consistence, and seasoned with white or Claret Wine and Sugar (taking to every Gallon, half a pint of the Wine, and about two ounces of the Sugar) would be a good Dyet: as also Oat-meal Grewell sometimes for variety.

For Drink in extream heat and thirst, Barley water, with a little Sugar (about two ounces to a Gallon at least) and so much spirit of Vitriol, or Vineger for want thereof, as may give a pleasant tartnesse, would be very proper and advantageous.

FINIS.